

Final Meeting of Cooking School Starts at 1:30 O'Clock Friday

GET UP and GET GOING with RUSKETS

VITAMINIZED WHOLE WHEAT FLAKED CEREAL

with STRAWBERRIES and cream

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16 SERVING

100 - B, 100 - G

FREE Bird Pictures Inside

The FRESH START BREAKFAST

Featured in Happy Kitchen Cooking School

Use California-Grown Sugar in All Cooking, Economist Advises

How California's many delicious fruits, combined with finest-quality California-grown granulated beet sugar, make the most delicious jellies, jams and preserves, are being convincingly shown at the Happy Kitchen School by Miss Eulita Hogle, home economist in charge. The final session of the cooking school will be held tomorrow (Friday) beginning at 1:30 in the Torrance Civic Auditorium.

Housewives are invited to enter a friendly contest for awards of prize ribbons by submitting (1) jellies, or (2) jams or preserves, including marmalade. Oranges are plentiful, and you can make a delightful jelly with grape juice or apple juice, and frosted fruit is widely available, too. Entries of jelly or preserves from last year's canning season will be accepted, the only requirement being that you shall have used California-grown beet sugar in the making, either American Crystal, or Holly, or Spireckels Honey-Dew. Bring your entries to the cooking school tomorrow. Entries will be judged for exterior appearance, texture, flavor and clearness.

"It's just natural that California's fine fruits and finest-quality granulated beet sugar should make your mouth water when they are combined," said Miss Hogle. "Food should be appetizing as well as wholesome, and there's a lot of energy in California-grown granulated beet sugar besides. Every woman who attends the Happy Kitchen School will be doing her best to aid in the great National Nutrition Conference program of good, wholesome, economical foods for our families and for the nation."

Katherine Kerry, Home Economist for the California-Grown Sugar Group, supplies these splendid recipes:

HOME ECONOMIST ARRIVES TO CONDUCT COOKING SCHOOL



Miss Eulita Hogle, home economist for the Happy Kitchen Cooking School, arrived here yesterday on a Greyhound bus. Commenting on her trip, she praised the Greyhound service and comfort of the buses.

"Whenever possible," she said, "I always travel by Greyhound. Even if I didn't have to leave my own car at home to conserve the tires I would prefer the smooth-riding Super-Coach. I can relax and enjoy the scenery along the way, relieved of all driving responsibilities. The drivers are all careful and courteous and you'd be surprised at the tasty food I am able to get at the attractive lunch stops along the way. As a home economist, I might add that Greyhound travel is a pleasant, practical way to save money."

War Stamps to Be Awarded Jelly-Makers

Jelly-makers! Your home-made products may win you War Stamps if you enter them tomorrow (Friday) at the Happy Kitchen Cooking School in the Torrance Civic Auditorium.

Instead of awarding honor ribbons for excellence in home-made jellies, preserves and jams, the California-Grown Sugar Group will award \$2.50 worth of War Stamps for first place in each classification of jams, jellies and preserves.

A Blue Ribbon for first place (in addition to the War Stamps), a Red Ribbon for second, and a Yellow Ribbon for third place in each classification will be awarded by the California-Grown Sugar Group—Spireckels Sugar Co., American Crystal Sugar Co., and Holly Sugar Corporation.

"If you'd like to try for an award, bring to the school your favorite entry in (1) Jellies, (2) Jams, Preserves or Marmalades, and see if you don't win. Only ONE rule—your entry MUST be made with one of the above brands of California-grown beet sugar—and that's fair enough, isn't it? There's no finer sugar made and it makes lovely jellies and jams," Miss Eulita Hogle, director of the Cooking School, said yesterday.

KEEP IT UNDER 40

Some motorists when driving the highways within the limit have been passing by speeders who display a "Keep It Under 40" sticker on their window. It may be a common occurrence. Many drivers are just doing it for service to safety. A sticker doesn't make anyone a safe driver. Actions still speak louder than words, and today, more than ever, motorists should "Keep It Under 40."

In Sumatra and Celebes the wild tribes consider exposing the knee immodest.

Ruth America's young are named Shamrock.

FEATURED AT THE COOKING SCHOOL AS ADVERTISED IN SUNSET MAGAZINE!

RICHEST, MOST DELICIOUS coffee you ever tasted is as close to your table as the nearest grocery!

It's BEN-HUR COFFEE

There's only one real coffee test... the TASTE TEST

The surprise and delight of your experience awaits you in a cup of amazingly rich, far more economical Ben-Hur Coffee.

Enjoy Saving with Ben-Hur

ORANGE MARMALADE

Three cups of thinly sliced unpeeled California oranges, 3 cups of thinly sliced unpeeled California lemons, 18 cups of water, California-grown beet sugar.

Combine the fruit and water and let stand for 24 hours. Boil 20 minutes, again let stand for 24 hours. Divide the mixture and cook only 2 cups at a time. Add 2 cups of beet sugar for each two cups of fruit. Boil vigorously until the syrup gives the jelly test of thick, reluctant drops which sheet together from a spoon. The time may vary from 12 to 18 minutes. When a wide kettle is used and evaporation is rapid, the shorter cooking time will suffice. Cook a few minutes and stir to prevent the fruit from floating. Pour into hot, sterilized jelly glasses. Seal immediately with paraffin.

BARBECUED LAMB

One large can peaches, add one cup of California-grown beet sugar to juice, 1 teaspoon whole cloves, Simmer. Add peaches. Simmer.

SAUCE

One small onion, 2 tablespoons butter, 1 tablespoon vinegar, Juice of 1 lemon, 1/2 cup catsup, 1 tablespoon Worcestershire, 1 tablespoon prepared mustard, 1/2 teaspoon celery seed, 1 cup meat stock from roast.

Simmer 15 minutes. Half of this recipe is sufficient for ordinary size leg of lamb. Serve as sauce. Baste lamb with peach juices at low temperature. Be careful to keep from burning.

SWEET POTATO "APPLES"

Four sweet potatoes, 4 tablespoons butter, 2 tablespoons cream, 1/2 cup California-grown beet sugar, 1/2 cup boiling water, 2 tablespoons sherry or sherry seasonings, Cloves.

Boil sweet potatoes until tender. Peel and mash. Season with butter and cream, adding salt to taste. Melt the beet sugar in frying pan and add boiling water and when syrupy add wine flavor. Make sweet potatoes in small balls

Man Escapes One Motorist But Fails to Evade Another

Escaping with only minor injuries, when run down by an automobile, David L. Campbell of 20922 South Main st., Torrance, was critically hurt late last week when run over by a second machine on the north end of the Ford Avenue bridge in Long Beach. He is in Seaside Hospital suffering from a skull fracture and a compound fracture of the right leg below the knee.

Robert Hostutler, Long Beach, was operating the machine that first hit the pedestrian. The name of the driver of the other car was not obtained as he complied with an order from a watchman to "get out of here," police investigators reported.

A wheel of the second machine, occupied by three sailors, came to rest squarely on the victim's body. As the driver backed off, the watchman is said to have issued his order. He explained to police that he merely meant for the driver to find a suitable parking place.

Campbell's automobile had gone into a ditch and he was seeking aid when hit, police said. Witnesses expressed the belief he had been drinking.

Canada and U. S. Likened to Twin Trees

The United States and Canada are like twin trees which have grown from a common root. Each trunk has been shaped by environment from without and propulsions from within, but the substance is the same.—Joseph T. Thorson, Canadian Minister of National War Services, in the current Rotarian magazine.

Espionage methods used by enemies of democracy was one of reasons advanced by Cuban governments for tightening control of radio broadcasting.

WE ARE PLEASED

that Miss Hogle came to us for her "Hair-Do" before conducting her classes at the Cooking School.

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Complete Beauty Service for Those Who Demand the Best

Nyla Darling's Beauty Salon

Ethel Taylor, Assistant Operator

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A&P Orange Purchases 45%

Purchases of California oranges were boosted 45 percent to meet demand generated thru a nationwide sales campaign by A&P Tea Company stores to aid producers in making heavy shipments. Harvey Baum, general manager of the company's produce buying affiliate, the Atlantic Commission Company, reported this week.

At the same time the organization's purchases were being increased for the 10-day drive, average prices paid to growers raised more than 12 per cent, he said.

The sales drive was coordinated at the request of citrus growers, whose markets for quality fruit were threatened by a recent drought in California. During the drive, the company added 100,000 cases of oranges to its regular supply.

Quality of the fruit was maintained by the company's strict selection of only the best fruit, and by the use of special packing methods to insure freshness.

LARGEST STORE

1338 Post Ave.

Famous demonstrator tells how to improve your baking

EULITA HOGLE

"For delicious biscuits and prize-winning cakes—You can depend on KC Baking Powder"

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For more than fifty years KC has been preferred by housewives and demonstrators alike. The KC you buy today is an improved, modern, double action baking powder—the very best KC ever made.

KC saves you money, too. For simply delicious home baking—plus real economy—ask your grocer for KC Baking Powder.

Same price for over 50 years

KC BAKING POWDER

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MORE DELICIOUS MORE ECONOMICAL BEN-HUR JELL-A-TEEN

Made with genuine CALF Gelatin—not tough or leathery. 9 delicious flavors.

Enjoy Saving with BEN-HUR!

CALIFORNIA-GROWN BEET SUGAR

George H. Moore

Asserting that the dangers besetting Los Angeles Harbor from attempts of the Federal government to appropriate tide and submerged lands previously ruled to belong to the state within whose territory such lands lay and to take over jurisdiction and control of publicly-owned harbors are of vital concern to this district, George H. Moore of Wilmington this week announced he was a Democratic candidate for Congress to continue his fight against such objectives.

Moore declared he had supported the President's foreign policy since 1933 and his "paramount duty upon us all is to win the war. I know of no better way to go about the task than in getting behind the Commander in Chief of our armed forces." Moore has been a member of the Board of Harbor Commissioners for more than three years.

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